



# Murray Parks and Recreation

## MURRAY ARTS IN THE PARK 2009 SEASON

Grant Elementary..... 264-7416  
Heritage Center  
(Senior Programming) 264-2635  
Hillcrest Jr. High ..... 264-7442  
Horizon Elementary ..... 264-7420  
Liberty Elementary ..... 264-7424  
Longview Elementary.... 264-7428  
Ken Price Ball Park..... 262-8282  
Miss Murray Pageant  
(Leesa Lloyd) ..... 446-9233  
McMillan Elementary.... 264-7430  
Murray Area Chamber  
of Commerce. .... 263-2632  
Murray Arts Advisory Board  
(Mary Ann Kirk)..... 264-2614  
Murray Boys & Girls Club . 268-1335  
Murray City Cemetery.... 264-2637  
Murray Community  
Education ..... 264-7414  
Murray High School..... 264-7460  
Murray Museum ..... 264-2589  
Murray Parks and  
Recreation Office ..... 264-2614  
Murray Parkway  
Golf Course ..... 262-4653  
Murray Park Aquatics Pool .....  
266-9321  
Mick Riley Golf Course  
(SL County)..... 266-8185  
Parkside Elementary..... 264-7434  
Riverview Jr. High ..... 264-7446  
Salt Lake County  
Parks and Recreation . 468-2560  
Salt Lake County  
Ice Center ..... 270-7280  
The Park Center ..... 284-4200  
Viewmont Elementary ... 264-7438

**Murray Park Amphitheater Parking • 495 East 5300 South • Ticket information, 801-264-2614**

Saturday, May 30  
7:30 p.m.

**SunShade 'n Rain**  
\$7 Adult, \$5 Child/Senior

Saturday, June 6  
7:30 p.m.

**An Evening of Sizzlin' Jazz**  
MSO Jazz and Swing Band  
\$6 Adult, \$3 Child/Senior

June 17-20, 22-25  
8 p.m.

**Disney's BEAUTY AND THE BEAST**  
\$8 Adult, \$6 Child/Senior

Saturday, June 27  
8 p.m.

**Murray Symphony Pops**  
\$5 Adult, \$3 Child/Senior, \$12 Family

July 10-11  
8:30 p.m.

**Ballet Under the Stars**  
\$8 Adult, \$6 Child/Senior

Saturday, July 18  
8 p.m.

**Murray Concert Band** with Guest  
Artist, Percussionist Mike Cottam  
\$5 Adult, \$3 Child/Senior, \$12 Family

July 27, 29, 31, Aug 3, 5, 7  
8 p.m.

**Grease**, Produced by MAC  
\$8 Adult, \$6 Child/Senior

July 28, 30, Aug 1, 4, 6, 8  
8 p.m.

**Nunsense**, Produced by MAC  
\$8 Adult, \$6 Child/Senior

Saturday, August 15  
7:30 p.m.

**Ailene Touch of Polynesia**  
\$5 General Admission

August 21-22  
6 p.m.

**Salt Lake Freedom Film and  
Storytelling Festival in Murray**  
Tunes and Tales, Critter Tunes, Good  
Times, Pleasantly Spooky Tales  
\$5 Adult, \$3 Child/Senior

Monday, Sept. 7  
6 p.m.

**Murray Acoustic Music Festival**  
Featuring Danny Stark, Second  
Hand Band, Ridin' the Faultline  
\$5 General Admission



**Murray Arts in the Park Lunch Concert Series**  
**Every Tuesday at Noon in Murray Park Pavilion #5, FREE**

June 9	Corey Christiansen Trio, Jazz
June 16	Salt City Saints, Dixie Land Jazz
June 23	Annalee and the Lost Boys, Contemporary Jazz
June 30	Public Domain String Band, Appalachian
July 7	The Rail Splitter & Great American Ideas, Brian Jackson Fetzer Storyteller
July 14	Polkatronics, Music from Germany and Austria
July 21	Red Desert Trio
July 28	Young At Heart Line Dancing
August 4	Banjoman, Bluegrass and a bit more

**Murray Arts in the Park Children Matinees**  
**Every Friday at 2 p.m. in Murray Park Pavilion #5, FREE**

June 12	Paul Brewer, Magician
June 19	Duna, Dances from Eastern Europe
June 26	Twelve Dancing Princesses Go Hawaiian, IMAC Interactive Theater
July 3	Last Night's Fun, Irish Music and Storytelling
July 10	Prevailing Winds
July 17	A Very Small House, Puppet Players
July 24	Holiday - No concert
July 31	How The West Was Won, American Folk
August 7	America Sings, Music Makers

**Family Night Series -  
Bring your Grandparents!**  
**The 2nd Monday of every month at 7 p.m., FREE**  
**Murray Heritage Senior Center • Buy dinner from  
5:30 to 7 p.m.**

June 8	Great Basin Street Band
July 13	Fuego, Latin Jazz Quintet
August 10	Hispanic Dance Alliance
Sept. 14	Mountain Jubilee Chorus

**To Order Complete Series, Mail To Murray Arts, 5025 South State, Murray, Utah 84107**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Email Address \_\_\_\_\_

\_\_\_\_\_ Adult \$39  
\_\_\_\_\_ Senior \$34 (62 and over)  
\_\_\_\_\_ Child \$25 (12 and under) Total Enclosed \$ \_\_\_\_\_



Paid for by the  
Murray Parks and Recreation





# Murray City Arts 2009 Summer Camps

## Summer Marching Band Camp

Participate in band camp while learning how to march...  
Then march and play in the Murray Fun Days parade on July 4<sup>th</sup>!

Dates: June 9 - July 2, Tuesday through Thursday  
Time: 8:30 - 10 am  
Place: Riverview Jr High  
Instructor: Kathy Webster  
Grades: 6-12 (must have played a minimum of one year)  
Fee: \$45 - (includes T shirt)

**Summer Drama Camp**  
**Instructor, Wendy Smedshammer**  
 Location: Murray Park Pavilion #5

## Session #1

Kids "Act" Up. Come get a feel for the stage through improv games, stage combat, fun with props, and so much more along with a short performance for family and friends.

Ages: 8-14  
 Dates: Aug 3 - August 14, Monday through Friday  
 Time: 9 to 11 am  
 Class Size: Limited to 30  
 Fee: \$45 residents, \$55 non-residents

## Session #2

**Kids on Stage.** Come be a part of the stage through hands-on learning with theater games, music, and creating a theater mask for our own show for family and friends.

Ages: 5-7  
Dates: Aug 10-14, Monday through Friday  
Time: 11 am to 12 noon  
Class Size: Limited to 15  
Fee: \$20 residents, \$30 non-resident

## Personal Trainers at the Park Center

## PERSONAL FITNESS TRAINING with Katie Hansen, ACSM CPT

Katie knows how hard it can be to lose weight--she has lost over 100 pounds! Katie works to help others achieve their weight loss goals through exercise and proper nutrition. If you are interested in meeting with a "real life" trainer who knows what it is like to be overweight and can inspire and motivate you to get started on your weight loss journey give her a call at (801) 201-6626 or e-mail her at [trainerkatie@gmail.com](mailto:trainerkatie@gmail.com) to set up your free initial consultation at The Park Center in Murray.

## Personal Training

## Complete Health & Fitness, Reggie Wright Jewkes

Certified Personal Trainer NFPT  
\$50/hour or sign up for a fitness program  
Each program includes consultation, training, workout program,  
weekly weigh-in, healthy meal plan and more.

Basic: 6 sessions – \$280  
 Prime: 8 sessions – \$375  
 Supreme: 10 sessions – \$470  
 Ultimate: 12 sessions – \$565  
 Information: Call Reggie at 801-433-7753  
[www.playersonlybasketball.com](http://www.playersonlybasketball.com)  
 Training at the Park Center in Murray  
 202 E. Murray Park Ave.  
 Instructor: Reggie Wright Jewkes



**Private and group basketball training for players of all ages and skill levels.**

## Private Lessons

Skills and fundamentals  
\$50/hour or \$25 per 1/2-hour

## Strength & Skills

Complete basketball training.  
Basketball skills, conditioning, strength and  
agility training, plyometrics and more.  
\$50/hour or \$75 per 1/2-hour  
\$450/4-week program

Information:  
Call Reggie at 801-433-7753  
[www.playersonlybasketball.com](http://www.playersonlybasketball.com)  
Training at the Park Center in Murray  
**202 E. Murray Park Ave**

## Water Workouts

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Water workouts are one of the best low impact fitness activities and almost everyone can participate. Pregnant women, the elderly, the overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatic classes currently available at The Park Center.

The buoyancy of water reduces the "weight" of a person by about 90 percent. This means that the stress on weight bearing joints, bones, and muscles is similarly reduced. For this reason it is unlikely a water workout will result in an injury or leave you with sore muscles. This is another great reason why the pool is such a fabulous place for people with arthritis or or back problems, and even those new to exercise. Also, the water's natural resistance is perfect for strength training as water is 12 times more dense than air. Water also encompasses all the components of fitness: cardiovascular fitness, muscle strength and endurance, and flexibility. When done regularly, water exercise will also help reduce body fat.

I'm sure you can find a class that is perfect for your needs at The Park Center. We offer Deep Water classes with suspension belts, Shallow Water classes, and Easy Does It classes. So don't be afraid to take the plunge into water fitness.

JOIN US AFTER MEMORIAL DAY AT OUR OUTDOOR POOL as well as at the Park Center for AQUA FIT WORKOUTS!



**Rachel Farr**  
**Personal Trainer**

**Associate in Health and Fitness**  
**NASM Certified Personal Trainer**  
**TRX STC Certified**

**Services:**  
**TRX Training**  
**Cardiovascular Conditioning**  
**Strength/Stability Training**  
**Flexibility Training**

**60 minute Session: \$55**  
**Partner Training: \$30**  
**Group Training (3-5 persons): \$25**

**Morning appointments available**

**rachel.fitpt@gmail.com**  
**801-718-2352**





# SWIM LESSONS

## Spring 2009

### Tuesday and Thursday Afternoons

Session 3: May 5 - 28  
(Registration Dates: Beginning April 5 - Deadline May 1\*)

Levels offered:			
<u>4:00-4:40 p.m.</u>	<u>4:45-5:25 p.m.</u>	<u>5:30-6:10 p.m.</u>	<u>6:15-6:55 p.m.</u>
PreSchool	PreSchool	PreSchool	AquaTots
Beginning	Beginning	Beginning	PreSchool
Advanced	Advanced	Advanced	Beginning

## Summer 2009

### Tuesday and Thursday Afternoons

Session 1: June 9 - July 2  
(Registration Dates: Beginning May 9 - Deadline June 5\*)  
Session 2: July 7 - 30  
(Registration Dates: Beginning June 7 - Deadline July 3\*)

Levels offered:			
<u>4:00-4:40 p.m.</u>	<u>4:45-5:25 p.m.</u>	<u>5:30-6:10 p.m.</u>	<u>6:15-6:55 p.m.</u>
Preschool	Preschool	Preschool	Aquatots
Beginning	Beginning	Beginning	Preschool
Advanced	Advanced	Advanced	Beginning

### Monday, Wednesday and Friday Mornings

Session 3: June 8 - 24  
(Registration Dates: Beginning May 8 - Deadline June 4\*)  
Session 4: June 29 - July 15  
(Registration Dates: Beginning May 29 - Deadline June 25\*)  
Session 5: July 20 - August 7  
(Registration Dates: Beginning June 20 - Deadline July 16\*)  
No Lessons Friday, July 24

Levels offered:		
<u>9:45-10:25 a.m.</u>	<u>10:30-11:10 a.m.</u>	<u>11:15-11:55 a.m.</u>
Preschool	Aquatots	Preschool
Beginning	Preschool	Beginning
Advanced	Beginning	Advanced

# SWIMMING – MAC

## Pre-Comp Swim Team

The Pre-Comp team is a transition from the Park Center's swim lessons to the Murray Aquatic Club (MAC), our competition swim team. Swimmers must have passes Level 5 swim lessons or be able to demonstrate Level 5 skills\* before registering. The Pre-Comp team introduces the swimmer to competition swimming skills needed for MAC as well as develop stroke technique and endurance.

\*Level 5 swim skills include: Perform a shallow dive into deep water; Swim front crawl for 50 yards; Swim breaststroke for 25 yards; Swim back crawl for 50 yards; Tread water for 2 minutes; Float on back for 2 minutes

## Spring Pre-Comp

Day: Mondays, Wednesdays and Fridays  
Dates: Session 3: May 1 - 29  
Time: 5:00 p.m. - 6:00 p.m.



## Summer Pre-Comp

Day: Mondays, Wednesdays and Fridays  
Dates: Session 1: June 1 - 29  
Session 2: July 1 - 31  
Session 3: August 3 - 21  
Time: 5:00 p.m. - 6:00 p.m.  
Cost: Resident/Member - \$30  
Non-Resident - \$35  
Prerequisite: Must be able to demonstrate Level 5 Swim Skills\*  
Ages: 5 years - 18 years  
Register: Registration begins February 1, 2009. Please come into the Park Center. Spaces are limited, so please register early.

Registration is due by the 5th of each month.

## MURRAY AQUATICS CLUB (MAC)

The Murray Aquatics Club (MAC) is a competitive USA Swimming team for youth ages 5-18. To compete in swim meets, swimmers must become a member of USA Swimming. Swimmers are not required to participate in swim meets. The team practices 5 days a week 1 1/2 hours each day. To join MAC, pre-comp must have been completed or an evaluation of swim skills can be done by the head coach. Coaching Staff Head Coach - Jared Huff, Assistant Coaches - Tyler Johnson, Cami Healy & Malinda Hughes.

## Saturday Mornings

Session 6: June 13 - August 8 (Registration Dates: Beginning May 13 - Deadline June 9\*)  
No Lessons Saturday, July 4

Levels offered:			
<u>9:00-9:40 a.m.</u>	<u>9:45-10:25 a.m.</u>	<u>10:30-11:10 a.m.</u>	<u>11:15-11:55 a.m.</u>
Preschool	Aquatots	Preschool	Preschool
Beginning	Preschool	Beginning	Beginning
Advanced	Beginning	Advanced	Advanced

\*Registrations will not be accepted after the deadline

Ages: AquaTots - 6 months - 5 years old  
PreSchool - 3 - 4 years old  
Beginning/Advanced - 5 - 12 years  
Cost: Residents/Members - \$30  
Non-Residents - \$35  
Register: To register please come into the Park Center

Refunds will not be given after the first day of the session.

## BOY SCOUT MERIT BADGE CLASSES

### Summer 2009 Merit Badge Classes

Lifesaving Merit Badge: June 10 & 17 (Registration Deadline: June 5)  
Swimming Merit Badge: July 8 & 15 (Registration Deadline: July 3)  
Day & Time: Wednesdays 7:00 p.m. - 9:00 p.m.  
Cost: Resident/Member - \$6/day (\$12 for full merit badge)  
Non-Resident - \$6/day (\$12 for full merit badge)

\*If you would like to schedule a separate class for your entire troop please call 284-4200.

All merit badge classes are taught by Boy Scouts of America Merit Badge Counselors.

## Spring MAC

Days: Monday - Friday  
Dates: May 1 - 29  
Time: 4:00 p.m. - 5:30 p.m.  
Cost: Resident/Member - Seasonal\*  
\$75/Monthly \$35  
Non-Resident - Seasonal \*  
\$90/Monthly \$40

Ages: 5 years - 18 years  
Registration: Begins February 1, 2009  
Registration is due by the 5th of each month  
\*Spring Season includes March, April & May

## Summer MAC

Days: Monday - Friday  
Dates: June 1 - 30  
July 1 - 31  
August 3 - 14  
Time: 4:00 p.m. - 5:30 p.m.  
Cost: Resident/Member - Seasonal\*  
\$75/Monthly \$35  
Non-Resident - Seasonal\*  
\$90/Monthly \$40  
Ages: 5 years - 18 years  
Registration: Begins May 1, 2009

Registration is due by the 5th of each month  
\*Summer Season includes June, July & August





Water Safety Instructor Course

Learn how to teach important swimming and safety skills to children. One hundred percent attendance and successful completion of final skills and written exam are required to receive certification. Each individual must successfully complete the prescreen to participate in the course.

Prescreen - Swim 25 yards of the following strokes: Front Crawl, Back Crawl, Breaststroke, Sidestroke and Elementary Backstroke; Swim 15 yards of Butterfly; Tread water for 1 minute; Float on back for 1 minute.

June WSI Class

Dates: Saturday, June 13  
Monday, June 15  
Tuesday, June 16  
Wednesday, June 17  
Thursday, June 18  
Friday, June 19  
Times: 9:00 a.m. - 3:00 p.m.  
Ages: Must be 16 by the last day of class  
Cost: Prescreen Fee - \$10  
WSI Course Fee - \$140

MURRAY OUTDOOR AQUATIC CENTER

Outdoor Swim Lessons  
Tuesday & Thursday Mornings  
8:30am-9:10am & 9:15am-9:55am  
Session 1 June 9 - July 2  
Session 2 July 7 - July 30  
Levels offered:  
8:30-9:10 a.m. 9:15-9:55 a.m.  
Preschool Aquatots  
Beginning Preschool  
Advanced Beginning  
\*Registrations will not be accepted after the deadline  
Ages: AquaTots - 6 months - 5 years  
PreSchool - 3-4 years  
Beginning/Advanced - 5-12  
Cost: Residents/Members - \$30  
Non-Residents - \$35  
Register: To register please come into the Park Center  
Refunds will not be given after the first day of the session.

If interested in working at the Park Center, contact Lindsey at 284-4200. Applications for summer employments are currently being accepted.

JUNIOR LIFEGUARD PROGRAM

The Murray Junior Lifeguard Program is an educational and recreational summer program designed for youth between the ages of 11 - 14. Participants will spend 10 hours in a classroom setting learning about basic water safety, lifeguard skills, CPR and First Aid. Physical conditioning and recreational activities will also be included. The program will also train candidates to become a water safety instructor aide. This unique aquatic program is taught by professional Lifeguards and Water Safety Instructors.

After participating in the Junior Lifeguard Class the Juniors Lifeguards will be able to put their newly acquired skills to use by working with the Murray Lifeguard staff throughout the remainder of the summer. The Junior Lifeguards will also get the opportunity to participate in the American Red Cross Junior Lifeguard Games. The Murray Junior Lifeguards will be able to show off their lifeguard skills with Junior Lifeguards from facilities across the state.

Come learn lifesaving skills while having fun! Jump start your career as a lifeguard with the Murray Junior Lifeguard Program!

Junior Lifeguard Class

Dates: June 9 - 23  
Days: Tuesdays & Thursdays  
Times: 2-4pm  
Ages: 11-14  
Prerequisite: Must be able to demonstrate level 5 skills\*  
Cost\*\*: \$50 Residents/Members  
\$60 Non-Residents  
\*\*Level 5 Skills include: Perform a shallow dive into deep water, swim front crawl for 50 yards, swim breaststroke for 25 yards, swim back crawl for 50 yards, tread water for 2 minutes, and float on back for 2 minutes.  
\*\*Cost includes the class materials and a t-shirt.  
For any questions please contact Lindsey at 801-284-4200.



Murray Outdoor Aquatic

Center Opens  
Memorial Day Weekend Hours  
Saturday, May 23 10am-6pm  
Sunday, May 24 10am-6pm  
Monday, May 25 10am-6pm

Open Plunge June 6-August 23  
Monday-Friday 10am-8pm  
Saturday 10am-7pm  
Sundays 10am-6pm

Aqua Fit Workouts  
Mon., Wed., Fri. 8:00 am  
Tues., & Thurs. 7:30 am

Special Open Plunge Dates

Saturday, May 30 10am-7pm  
Sunday, May 31 10am-6pm  
Saturday, Aug. 29 10am-7pm  
Sunday, Aug. 30` 10am-6pm

Holidays  
July 4 10am-6pm  
July 24 10am-6m

Family Fun Inflatable Nights  
Monday, June 22 8pm-10pm  
Monday, July 20 8pm-10pm  
Monday, August 24 8pm-10pm

Labor Day Weekend Hours  
Saturday, Sept. 5 10am-6pm  
Sunday, Sept. 6 10am-6pm  
Monday, Sept. 7 10am-6pm

General Admission

Infants (Under 1) FREE  
Children (1-3) \$1.00  
Youth (4-17) \$3.00  
Adults \$3.50  
Seniors (55+) \$3.00

Punch Cards (10 punches per card)

Adult (18+) \$30.00  
Youth (4-17) \$25.00

Family Season Pass

Murray Resident \$150.00  
Non-resident \$200.00



LIFEGUARD TRAINING

Interested in becoming a lifeguard? We are offering several American Red Cross Lifeguard Training courses. Upon successful completion of the course, participants will receive an American Red Cross certification in the following: Lifeguard Training, Basic First Aid and CPR/AED for the Professional Rescuer. One hundred percent attendance and successful completion of the final skills and written exams are required for certification. Each individual must successfully complete the prescreen to participate in the course.

Prescreen – 300 yard continuous swim (100 yards front crawl, 100 yards breaststroke, 100 yards choice between front crawl and breaststroke); Swim 20 yards, retrieve a 10 lb brick from 9 ft. deep water, swim back to starting point with both hands on the brick and face out of the water, time restriction of 1:40.

May LGT Course

Dates: Tuesday, May 12  
Thursday, May 14  
Saturday, May 16  
Tuesday, May 19  
Thursday, May 21  
Tuesday, May 26  
Thursday, May 28  
Times: Tuesdays & Thursdays 5:30 p.m. - 9:30 p.m.  
Saturdays 9:00 a.m. - 4:00 p.m.

June LGT Course

Dates: Monday, June 8 - Friday, June 12  
Times: Noon - 6 p.m.  
Ages: Must be 15 by the last day of the course  
Cost: Prescreen Fee - \$10 (non-refundable)  
Lifeguard Course Fee - \$140

If interested in working at the Park Center please contact Lindsey at 284-4200. Applications for summer employment will be accepted now.





## Seniors • Heritage Center • 264-2635 • #10 East 6150 South

The Heritage Center, a recreational facility for persons 55+ is located at 10 East 6150 South, Murray.

The center is open Monday through Friday 8 a.m. to 4:30 p.m. and Thursday evenings until 10 p.m.

Monthly newsletters are available at the center or on line at [www.murray.utah.gov](http://www.murray.utah.gov) detailing information on classes and services offered.

### Lunch

Lunch is served Monday-Friday at noon. Reservation are necessary and must be made no later than 12:30 pm the day prior. Cost is \$3.00. A take out meal is available for \$3.50. The salad bar is available 11:30-12:15. Cost is \$1.50 for a small salad and \$3.00 for a large salad. In addition to the salad bar, soup is available during the fall and winter months for \$2.00 a bowl. No reservation needed for the salad bar or soup.

### Health Services

**Blood Pressures/Glucose Checks** every Thursday from 10 a.m. to 12 Noon.

**Massage Therapy** every Friday from 11:30 p.m. - 4:15 p.m. Appointments are required. Cost is \$8 for 15 minutes, \$16 for 30 minutes, and \$36 for one hour.

**Toenail Clipping** - June 4 from 9-10:30. Appointment required. Cost is \$5.00.

**Skin Cancer Screening** - May 14 at 10-12 Noon. Appointments required. Free of charge.

### Trips

Pre-Registration required for all trips. Call Center for registration dates.

**Wendover & Rainbow Casino** May 12 @ 8:30 am. Cost is \$15.

**Kingsbury Hall for Utah Hispanic Dance** - May 21 @ 9:00 am. Cost is \$3.

**Museum of Fine Arts: Perspectives of American Indian Art** - May 26 @ 9:30 am. Cost is \$9.

**Gilgal Sculpture Garden and Lunch at Chuck A Rama** - June 2 @ 10:30. Cost is \$3 plus the price of lunch.

### Dance

**Social Dance** - Thurs. 7-10pm. Music by Tony Summerhays. Cost \$4 per person.

**Line Dancing:** Tuesdays - Advanced @ 10:15 and Beginners @ 2pm. \$1.50 per class.

**Square Dancing:** Thur, 1:00-2:30 p.m. \$1.50 class.

### Classes

**\*Computer Classes:** Basic I, II, III, Internet, E-mail, and others.

**Ceramics:** Instruction Mondays, Tuesdays, and Thursdays 8:30-noon. Fee \$1 per class. Greenware and supplies available for purchase.

**Crafts Group:** Tuesday's at 12:45.

**Let's Talk** - Reading and discussion group May 20

@ 1:00.

**Weight Watchers** - Thursdays 5:30 p.m. Membership required. Call for information on starting.

### Recreation

**Pinochle:** Weekly tournaments on Wednesdays begin at 9:30 - 11:30. Cost \$2 per week.

**County Wide Pinochle Tournament** - June 6 at 10:00. Cost is \$2. Please call for details.

**Bridge:** Chicago/Party Bridge on Wed & Fri 1-4 p.m.

**Bingo:** Wed and Friday 12:45 pm - 6 card limit, donations are appreciated.

**Pool/Billiards:** Open tables 8am - 4pm. No charge.

**Red Hatters:** Heritage 1<sup>st</sup> and 3<sup>rd</sup> Thur. of the month @ 12:45 for BONKO & Hand & Foot

**HUGS Computer Group:** Heritage Users Group for Seniors meets the 2<sup>nd</sup> Wed. month @ 1:30.

**Birthday Wednesday: The first Wednesday of every month the center celebrates participants birthdays.** If it is your birthday month, come and enter a drawing for a free center lunch.

**Remote Control Airplane Club** 2<sup>nd</sup> Thursday each month @ 7:30pm

**Movies** - Every Monday at 1:00 PM. Movies shown on our big screen. Call for specific titles. Free of charge.

**Golf** - May 18 Rose Park @ 8:00 \$38. June 1 Glenmoor @ 7:30 \$35. June 22 Wasatch @ 7:30 \$38. July 6 Valley View @ 7:30 \$33. Must register one week before the tournament.

**County Wide Billiard Tournament** - May 20 @ 10:00 at the Ritz Classic Lanes. Call for details.

### Services

**\*Outreach Worker** from Salt Lake County Aging Services May 12 and June 9 at 10:00 AM. Appointments required.

**Caring & Sharing Support Group** from Harmony Home Health - Meets on the first Monday/month at 11-12 Noon. Call for details.

**Transportation** - The Center's bus runs on Wednesday and Friday for Murray residents. Cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application.

### Exercise Classes

**Aerobics** Low Impact: Tuesdays and Thursdays at 9:00 AM. Fee: \$15 per month, punch, or \$3.

**NIA:** Mondays and Fridays at 9:00 AM. Fee: \$20

per month, punch, \$3.

**Strength Conditioning** Tuesdays and Thursdays at 2:00 PM Fee: \$15 per month, punch, or \$3.

**Yoga:** Wednesdays at 10:15 AM. Fee: \$10 per month, punch, or \$3.

**Tai Chi** Tuesday and Thursdays at 10:30 AM. Fee: \$15 a month, punch, or \$3.

**Chair A-Robics:** on Wednesdays and Fridays at 11:15 a.m. Fee: donations welcome.

**Exercise Room:** Open daily with treadmills, recumbent bicycle, Elliptical, and weight equipment. Fee \$5 per month.

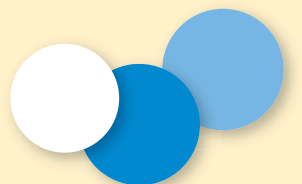
### Special Events

**Father's Day** - Entertainment, Barbeque, and Bingo on the patio. Friday June 19. Advanced Registration required. Call for price and details.

**Health & Fitness Day - Screenings, Prizes, Bingo, Free Lunch and More....**

On the same day across the U.S., 100,000+ older adults will participate in health promotion events at more than 1,000 local organizations. Senior Health & Fitness Day, the nation's largest older adult health and fitness event, is entering its 16th year.

Come and join the Heritage Center and Sterling Health Plans on **Wednesday, May 27** with a free morning of activities including a fitness walk plus information on health and fitness, tips from businesses around the valley, Safety Bingo, eye screenings, strength testing, blood pressure and glucose checks, and lunch. Prize drawings will be going on all morning. Must be present to win. If you plan on staying for lunch, please call and register by May 20.



### Barber Shop is Open

The Center is offering haircuts for men and women on **Tuesday** mornings from 9 to 2. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair for Pepe's Barber Shop and Fantastic Sams. Lisa's favorite part of the business is the chance to talk with people, and the advice she gets from her customers.

Haircuts will be scheduled by appointment, every 20 minutes, starting at 9:00 and finishing at 2:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund.





## RECREATION

### Family Evening Concerts being in June

Bring your children, grandchildren, friends, and neighbors to the Family Evening concerts in the backyard at the Heritage Center. The concerts are free and are held the second Monday of every month with music starting at 7:00 pm.

If you'd like to come early and buy dinner, food will be available from 5:30 -7:00 or you are welcome to bring your own picnic. Complete meals are available to purchase in advance for \$5 or \$6 at the door. Advance dinner tickets will be on sale starting in June when the June menu is out. The entertainment is sponsored by the Murray Cultural Arts department. The summer concerts begin at 7:00 PM and the schedule includes:

June 8 - Great Basin String Band. The Band has performed at numerous jazz festivals including Snowbird, Park City, and Salt Lake along with performances around the Country and Europe. All members are stand-alone great artists yet the combined ensemble defines the concept of synergy. July 13 - Latin Jazz Quintet, August 10 - Hispanic Dance Alliance, September 14 - Mountain Jubilee Chorus.



### Jr. Golf League and Jr. Golf Clinic

It's time to sign-up for this year's Jr. Golf League and Jr. Clinic. We will accept children 12 thru 17 years of age. We will start sign-ups on May 2, 2009 and continue thru May 16, 2009. All sign-ups will be at Murray Parkway Golf Course.

The Jr. Clinic will be held on June 8, 9, and 10, from 11:00 a.m. to 12:00 noon. This class is for beginning golfers (the clinic will be for age 10 thru 16). The first three sessions will cover the following: 1) full swing; 2) chipping & putting; and 3) rules & etiquette. The fourth session will be held on Monday, June 15, the golfers will play 3 holes starting 8:00 a.m.

Those who signed up for the golf league need to stop by the golf course on June 8 to sign up for June 15, which will be the first day of play and to pick up this year's tee prizes. The League will play 9 holes each week, except for the last two days. On those days, play will be 18 holes for the age groups of 14 and up. The cost is \$5.00 per 9 holes. This is \$2.00 less than the normal rate. If a day is "rained out" it will not be re-schedule.

The cost for clinic and the league is \$30.00 each. We will be able to accept the first 36 to sign-up for the clinic and the first 100 for the league.



### Challenger Soccer Camps

Murray City Parks and Recreation is proud to announce the partnership with Challenger Sports British Soccer Camp. This is the #1 soccer camp in the US and Canada. We will be hosting a British Soccer Camp this summer. We will have quality and talented coaches from Britian who are trained specifically for these camps. They focus on teaching key techniques and technical components of soccer. They also focus on building character development based on respect, responsibility, integrity, leadership and sportsmanship. All participants that sign up will receive a free ball and t-shirt. If you sign up early online, you will receive this a game jersey for free.

Dates June 8-12  
Place Murray Park Soccer Field  
Ages/ Camp /Times:

3	First Kicks	1-12 p.m.	\$78
4-5	Mini Soccer 1.5 hr	9 -10:30 a.m.	\$91
4-5	Mini Soccer 1.5 hr	5:30-7 p.m.	\$91
6-18	Half Day	9-12 p.m.	\$117
6-18	Half Day	5:30 p.m.-8:30 p.m.	\$117

#### Description of Camps

**First Kicks:** Young players are introduced to game basics through fundamental activities, games, and fun Soccer challenges. Parents are encouraged to join in and help guide their child through these learning experiences.

**Mini Soccer:** Fun games, competition and skill building activities are designed to enlighten and develop budding players.

**Half Day Player Development:** Emphasis is placed upon skill development and master of these techniques through individual and small group practices and coached games.

**Register:** Murray Parks and Recreation office in Murray Park. Make checks out to Challenger Sports. You can register directly with Challenger at <https://registration.challengersports.com/FindACamp/FindACamp.asp>

### Spartan Youth Track Club

Come and join the Murray SpartanTrackClub. Boys and girls, ages 8-18 will receive instruction on running skills and field events. Weekly practices will be held at Murray High School and there will be scheduled County-wide track & field meets as well as the Hershey Youth Track program. Participants can compete in many events including the long jump, high jump, shot put, sprints and hurdles. All participants receive a club shirt and participation in workouts and local meets.

Dates May 18-July 18  
Days Tuesday and Thursday  
Ages 6-18  
Time 6:00-7:30 p.m.  
Place Murray High School Track  
Cost \$30  
Register Murray Parks and Recreation Office online at [www.mcreg.com](http://www.mcreg.com).  
Coach Calbert Beck, Former University of Utah Football and Track Star



### Youth Rugby

Sponsored by USA Rugby. This program is very safe, non-contact, easy to play game for both boys and girls. Rugby promotes excellent skill development, team work, health and fitness and fun. The rules are simple, the game is easy to learn and minimal equipment is required. Flags will be used instead of tackling. This game is played all over the world.

Dates June 20-August 15  
Days Saturdays  
Place Murray Park Soccer Field  
Grades/Times: 3-6 Grades 9:30 am  
7-8 Grades 10:30 am  
Cost: \$30 Residents, \$40 Non-residents  
Deadline: Wednesday, June 17, 2009  
Register: Murray Parks and Recreation Office in Murray Park or register online at [www.mcreg.com](http://www.mcreg.com)

### Youth Lacrosse Program

Murray City will be starting a new Lacrosse program for boys and girls. Lacrosse is one of fastest growing sports in the United States. This program is excellent for anyone who wants to learn the sport. The program will emphasize skills development, learning to shoot, learning to pass and catch and other aspects of Lacrosse. The program will be broken down into different age groups. Kids 3-4 grade, 5-6 grade, and 7-8. Participants in grades 3-6 will play non contact and must have a mouthguard. Murray Recreation will provide sticks. Grades 7-9 will play in a "No Check league" and must provide their own helmet and gloves. The format will consist of 45 minutes of instruction and 45 minutes of actual game time every night.

Dates June 23-July 16  
Cost \$50  
Grades 3-4, 5-6, 7-8  
Days Tuesday and Thursday nights 5:30 to 8:30 pm  
Place Murray Park  
Deadline: Wednesday, June 17, 2009  
Register: Murray Parks and Recreation office in Murray Park or online at [www.mcreg.com](http://www.mcreg.com)

### Youth LaCrosse Camp

Murray Parks and Recreation is sponsoring a Youth Lacrosse Camp for boys and girls grades 3-8. This is a new program to Murray. Participants will learning how to shoot, pass and catch, and other aspects of Lacrosse. This is a non contact camp. Sticks will be provided. Participants must have a mouth guard. Instruction will be provided by the Murray High Lacrosse Coaches and the top college players in the state of Utah. This camp is for players who are new to the sport or have basic experience. Kids will be separated into groups according to their grade.

Dates June 8-10  
Place Murray Park  
Time 5:30 to 8:30 pm  
Cost \$35  
Grades 3-4, 5-6 7-8  
Deadline: June 3, 2009  
Register: Murray Parks and Recreation office in Murray Park or register online at [www.mcreg.com](http://www.mcreg.com)





## RECREATION continued

### Spartan Sports Camp Baseball

Designed to teach sports skills and fundamentals related to baseball. Improve your fielding, throwing, catching and hitting skills. Each camper will receive a T-shirt and baseball. "To be the best you have to work harder than the rest".

Dates: June 15-19  
Days: Monday-Friday  
Place: Grant Park (Four Diamonds)  
Ages: 8-12  
Time: 9:00 am to 12:00 pm  
Cost: \$55 Resident, \$65 Non-resident  
Coach: Jake Shewmake, Murray High Head Baseball Coach



### Spartan Sports Camp Girls Basketball

Learn basketball fundamentals related to the game of basketball. Skills will be reinforced with drills. Fun games will be played. Each Camper will receive a t-shirt and ball.



Dates: June 8-11  
Place: Murray High School  
Cost: \$45 Resident, \$55 non residents  
Instructor: Issac Beh, Head Girls Basketball Coach at Murray High and Asst. Coaches  
Ages: Grades K-4 8 a.m. to 9:45 a.m.  
Grades 5-8 10 a.m. to 11:45 a.m.

### Spartan Sports Camp Boys Basketball

Designed to give kids the competitive edge while developing strong fundamentals. Skills will be reinforced by drills. Improve your ball handling, dribbling, shooting and defense. Each camper will receive a t-shirt and ball.



Dates: June 15-17  
Place: Murray High School  
Cost: \$35 Resident, \$45 non residents  
Instructor: Jason Workman, Head Boys Basketball Coach at Murray High and Asst. Coaches  
Ages: Grades 3-8 1 p.m. to 5 p.m.  
Grades 9-12 9 a.m. to 12 p.m.

### Spartan Sports Camp Football

Learn football fundamentals by developing skills to improve your game. This camp will working on a variety of skills that are essential for the game of football. Each camper will receive a t-shirt and ball.

Dates: July 20-23  
Place: Murray High School Practice Field  
Cost: \$55 Resident, \$65 Non residents  
Grades: 2-9  
Times: 5:30 p.m. to 8:30 p.m.  
Instructor: Dan Aragon, Head Football Coach at Murray High School



### Summer Volleyball Camp

Don't Miss this fun and exciting volleyball Camp. Emphasis will be on fundamentals, teamwork, individual improvement and sportsmanship. All participants will receive a Camp T-shirt. Join us for a great week of fun volleyball. The Camp will be run by Liz McKnight who coached at Cyprus and Cottonwood High School. She also Played at Snow College and Westminster College. For more information please call 801-284-4200

Dates: June 29 - July 2  
Place: The Park Center  
Cost: \$50 Residents /  
\$60 Non residents  
Grades: 3rd - 6th (8 a.m.-10 a.m.)  
7th-10th (10:10 a.m.-12:10 p.m.)  
Deadline: Wednesday, June 24, 2009  
Instructor: Liz McKnight

### Youth Tennis Lessons

Learn to play tennis this summer. Classes are offered for nine weeks during the summer. All classes are taught in the morning during the weekdays.

Dates: June 8-12 July 13-17  
June 15-19 July 27-31  
June 22-26 Aug. 3-7  
July 6-10 Aug. 10-14  
Ages: 7 years to 17 years  
Location: Southwood Park  
(6150 South 725 East)  
Time: 8 a.m. Beginner Lessons  
9 a.m. Advanced Beginner Lessons  
10 a.m. Intermediate Instructor  
Approval ONLY  
Cost: \$30 Resident, \$35 non-resident  
(5 one-hour lessons)  
Instructor: Andrea Perschon  
Registration: Murray Parks & Recreation  
or the Park

### Early Morning Adult Lessons

Dates: June 9-25  
July 7-23  
July 28-Aug. 13  
No tennis the week  
of July 4  
Place: Southwood Park  
Days: Tuesdays & Thursdays  
Times: 7 to 8 a.m.  
Instructor: Andrea Perschon  
Cost: \$30 Residents,  
\$35 Non-residents



### Junior Team Tennis

(Instructor Approval Required)  
Dates: June 8-24  
June 29-July 15  
July 27-Aug. 12  
Place: Southwood Park  
Days: Mondays & Wednesdays  
Times: 7 to 8 a.m.  
Instructor: Andrea Perschon  
Cost: \$30 Residents,  
\$35 Non-residents  
Additional team fee may apply!

### T-BALL

T-ball is for 4 & 5 year olds who want to learn how to play baseball in a non threatening, non-competitive program. Boys and girls play together. Participants will learn how to swing a bat, hit a ball off a tee to develop bat speed, learn to throw and field baseballs. This is an excellent starter program to the sport of baseball. Players receive a t-shirt, hat, a ticket to a Salt Lake Bees Game, and an award at the end of the season.

Dates: June 1 to July 1  
Days: Mondays & Wednesdays 5 to 8 pm  
Ages: 4 & 5  
Place: Murray Girls Softball Complex  
Cost: \$35 Resident & \$45 non-resident,  
Late Fee \$5 after the deadline  
Deadline: Friday, May 8, 2009  
Register: Murray Parks and Recreation  
Office in Murray Park or online at  
www.mcreg.com

### Coach Pitch Baseball

The next step of progression for baseball is hitting live pitches thrown by coaches or by the pitching machine. Participants will learn batting skills, fielding balls on a dirt infield, base running, throwing, and game strategy. Major emphasis is on sportsmanship and having fun. Girls are welcome and encouraged to play. Players receive a t-shirt, hat, a ticket to a Salt Lake Bees Game, and an award at the end of the season.

Dates: June 22 to July 16, 2009  
Cost: \$35 Residents, \$45 Non-residents,  
Late Fee \$5 after the deadline.  
Place: Grant Park 6150 South Main Street  
Days: Monday - Thursday Evenings  
Ages: 6 - 8 years old  
Deadline: Wednesday, June 3, 2009  
Register: Murray Parks & Recreation  
Office in Murray Park on online  
at www.mcreg.com





## RECREATION continued

### Start Smart

An instructional program in which children can learn basic motor skills necessary for future sports participation. The program is designed to help children prepare for organized sports without the threat of competition or the fear of getting hurt. There are six weekly, one hour sessions, in which children work in groups with a parent. They rotate through various motor skill stations like throwing, catching, kicking, and batting. Skills will be set to games. All youth will receive a t-shirt and award.

Dates: May 26-June 30  
 Place: Hillcrest Jr. High Back Gym  
 Class Times: 6:00 pm and 7:15 pm  
 Cost: \$30 Resident and \$35 non-resident  
 Register: Murray Parks and Recreation  
 Department in Murray Park or  
 register online at [www.mcreg.com](http://www.mcreg.com)



### Kids Camps

Murray Summer KIDS CAMPS are a great summer option to keep the kids busy. Parents do not have to remain at the Park Center during the camp time. Kids will be introduced to all types of activities and have lots of fun! Each of our camps have themes with particular objectives and skills. Camps must have a minimum of 10 participants to run. We reserve the right to include/exclude activities to meet campers' abilities or to alter camp to meet the needs of the participants. Each week a camper will receive a T-shirt. Camps will not be prorated, refunded or credited.

Camp Dates:  
 Outdoor Explorers June 15-19  
 Fitness Around the World June 22-26  
 Stars and Stripes July 6-10  
 Super hero Week July 13-17  
 Utah Trails and Tales July 20-27  
 Obstacle Challenges July 27-31  
 Mad Science August 3-7  
 Treasure Island August 10-14

Morning Camp AM:  
 Monday-Thursday 8 a.m. to 12 p.m.  
 Afternoon Camp PM:  
 Monday-Thursday 12:30 p.m. to 4:30 .pm.  
 Ages: 6-12 year olds  
 Cost: Member/Residents  
 \$75 per child.  
 Non-residents  
 \$85 per child

New included for AM and PM Field Trip Friday 10:00 am to 2:00 pm  
 Deadline: Friday Prior to camp  
 PM Extended Care Cost:  
 Monday-Thursday 4:30 to 6:00 pm  
 Friday 2:00 pm to 3:30 pm  
 Cost: \$30 per child per camp

### Metro Games

An opportunity for businesses across the Wasatch Front to compete in a fun series of recreational activities to promote wellness, participation and employee camaraderie. Medals are awarded to the top three teams in each event and points from each event are tabulated to determine an overall Metro Games Champion. A team fee is assessed based on six events entered. You may also choose to sign up for individual events only, for which an individual event fee will be assessed. Such events include Golf, Softball, 3 on 3 Basketball, Flag Football, Horseshoes, Volleyball, 3 on3 Soccer, Miniature Golf, Paintball, Darts, Billiards, Bowling and one bonus event which includes a 5K race. For more information, please call 801 264-2614!



### Ute Tackle Little League Football Signups

Sign ups Dates: Saturday, June 27, from 9 am to noon  
 Saturday, July 11, from 9 am to noon  
 Location: Riverview Jr. High West Side of School  
 751 W. Tripp Lane (5800 South)  
 Cost: \$185  
 Ages: 8-15

If you are a first time player or new to the Murray District you need to give us a copy of the player birth certificate. Any questions call Chad at 801-550-3988.



### Family Fishing Derby

#### Cops and Bobbers

Come to Willow Pond and go fishing with your family for our annual Cops and Bobbers Family Fishing Derby. Learn how to fish and as volunteers will be on hand to assist in how to cast, bait your hooks, and how to catch fish. Free hot dogs, chips and drinks! Don't miss this fishing event.

Date: Saturday, May 30  
 Place: Willow Pond  
 6059 South Murray Parkway Avenue (1080 West)  
 Times: 9:00 am, 10:00 am 11:00 am, 12:00pm  
 (You must have a ticket-only 100 each hour)  
 Tickets: Pick up at the Parks and Recreation Office in  
 Murray Park or Sportsman's Warehouse in Midvale  
 Ages: Ages 14 & Under.  
 (Under 12 do not need a license).  
 Cost: Free